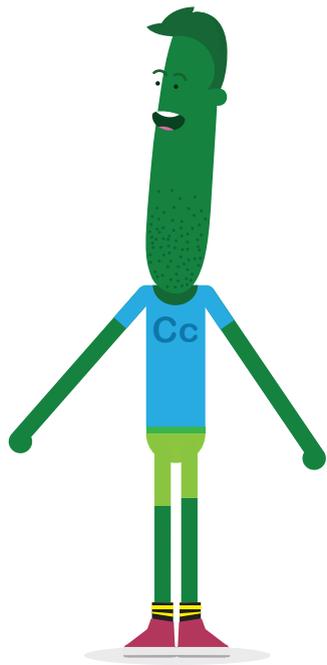


I can help your joints to flow, and encourage your hair to grow.



Caz Cucumber

I'm a bulb with cloves in sections, I have the power to stop infection.



Gary Garlic

I help digest your food, and brighten your mood.



Murray Mint

What ingredients we are going to need

1 Cucumber, 4 cloves Garlic, 4 tbsp of cream cheese, 1 large carton natural greek yoghurt, a few mint leaves.

It is so easy to do

Split a cucumber in half and using a spoon, scoop out the inside into a bowl. Pour away excess water. Mince the garlic. Combine the yogurt, cucumber and garlic. Chop the mint leaves and sprinkle into your mixture. For a creamier richer dip, add in cream cheese which adds protein.

Why it is good for us

Garlic is an excellent decongestant and strong antibacterial. It can help fight chest infections and sore throats. Garlic may stop germs from growing and boost the immune system. Greek Yoghurt contains probiotics which are healthy bacteria that keep your gut and digestive system healthy. It also contains lots of protein, helping you to keep your muscles strong and stay full and satisfied for longer. Mint can help with indigestion, flatulence and tummy troubles and help reduce fever, nausea and vomiting. It can also soothe the skin and help to cure infections and itching. Mint can stimulate your body against depression and fatigue and be beneficial against asthma and can help cure bad breath, relax the body and mind, and reduce stress. Cucumbers help to keep your body hydrated, aid digestion, stimulate your hair growth and can help your body eliminate toxins. They contain silica which promotes joint health by strengthening the connective tissues around your joints. Together they taste yummy as a dip for fresh veggie sticks. You can also add this to salads, wraps, tacos and falafels.